

# WIC Food Changes: Effective October 1, 2014

## WHOLE GRAINS

Whole Wheat bread must be 100% whole wheat. These whole wheat breads have been added to the existing allowed food list.

Whole wheat approved pastas must be 100% whole wheat.



Guerrero 100% WW Tortillas, 16oz



Mission 100% WW Tortillas, 16oz



Kroger WW Tortillas, 16oz



Carlita 100% WW



Ortega 100% WW Tortillas, 16oz



Simple Truth Organic WW Spaghetti, 16oz



Westbrae WW Spaghetti, 16oz



Bella Terra 100% WW pastas, 16oz



Simple Truth Organic



Fred Meyer 100% WW Hot Dog Buns, 14oz



Kroger 100% WW Hoagie Buns, 14.5oz



Fred Meyer 100% WW Hamburger Buns, 14oz



Country Oven 100% WW Hamburger Buns, 24oz



Country Oven 100% WW White, 24oz



Fred Meyer 100% WW Bread, 16oz

**Fred Meyer**  
Save time, money & gas

Fred Meyer 100% WW Tender Twist, 24oz



Simple Truth Organic WW Rotini, 16oz



Hodgson Mill WW Pastas, 16oz



Racconto 100% WW Pastas, 16oz

## CANNED FISH

Atlantic mackerel, Chub Pacific mackerel, or Jack mackerel are allowed. King mackerel is not allowed. **15oz sizes only.**

## MILK

\*\*\*WIC checks will specify eligible types of milk\*\*\*

## LEGUMES

Refried beans without added sugars, fats (fat free), oils, vegetables, or meats. Please choose low sodium varieties of beans, fruits, and vegetables when available.



Bearitos, 16oz cans



Bush's, 16oz cans



Casa Fiesta, 16oz cans



Fred Meyer, 16oz cans



Goya 16oz cans



Great Value, 16oz cans



La Preferida, 16oz cans



Ortega 16oz

## INFANT FOODS

Bananas (up to 4) may be substituted for a portion of jarred fruits and vegetables.

Infant Food Quantities	
64 oz Infant fruits and vegetables	
<b>No Bananas</b> 	Sixteen 4 oz jars
	Ten 6 oz jars plus One 4 oz jar
	Sixteen 2 pks (3.5 oz) plus Two 4 oz jars
	<b>AND</b> Fifteen 4 oz jars or Ten 6 oz jars or Eight 2 pks (3.5 oz) plus One 4 oz jar
	<b>AND</b> Fourteen 4 oz jars or Nine 6 oz jars or Eight- 2 pks (3.5 oz)
	<b>AND</b> Thirteen- 4 oz jars or Eight 6 oz jars plus one 4 oz jar
	<b>And</b> Twelve 4 oz jars or Eight 6 oz jars or Six 2 pks (7 oz)

## FOODS NO LONGER ON WIC

\*\*\*Wheat tortillas allowed only if on this list. Please exclude previously authorized WIC wheat tortillas\*\*\*